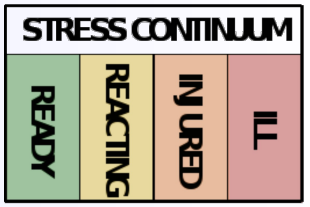
Warrior Transition II

Post-Deployment Operational Stress Workshop for Marines and Sailors

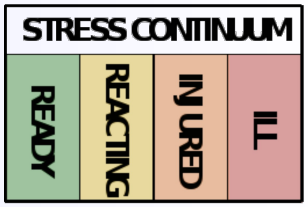
Revised: 09 December 2008

Overview and Purpose



- **Review sources of stress since returning home**
- **Review the Combat Operational Stress Continuum (Ready, Reacting, Injured, or Ill)**
- **Self-assess eight important areas of life and function**
  1. **Relationships**
  2. **Work function**
  3. **Public behavior**
  4. **Substance use and abuse Spirituality**
  5. **Money and Finances**
  6. **Physical and mental health**
  7. **Life roles**
  8.
- **Learn how to improve these areas of life and function**
- **Learn how and where to get help when needed**

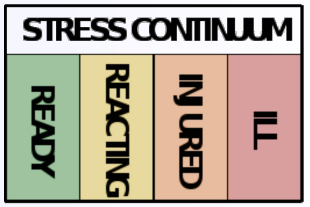
Common Readjustment Problems After Deployment



ENVIRONMENT	• Money problems • Vehicles and traffic • Not carrying a weapon any more • Alcohol
THINKING	• Boredom, lack of excitement • Back to the routines • Disillusionment
FEELING	• Anger over mistakes • Guilt over surviving • Shame over perceived failures • Hatred
RELATIONSHIPS	• Family conflicts • Crowds and rude people • Being separated from buddies and leaders
SPIRITUALITY	• Not understanding why sacrifices were made • Loss of trust in others • Mistrust in self

READY TO FIGHT HEALTHY AT HOME
Combat Operational Stress Control

Sources of Stress That May Still Be With You



Intense or Prolonged Combat or Operational Stress

LIFE THREAT

- A <u>trauma</u> injury
- Due to events provoking terror, helplessness, horror, shock

WEAR AND TEAR

- A <u>fatigue</u> injury
- Due to the accumulation of stress over time

LOSS

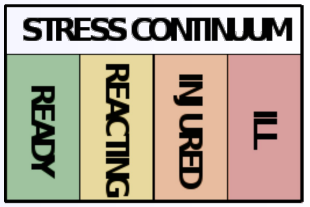
- A <u>grief</u> injury
- Due to loss of people who are cared about

INNER CONFLICT

- A <u>beliefs</u> injury
- Due to conflict between moral/ethical beliefs and current experiences

READY TO FIGHT HEALTHY AT HOME
Combat Operational Stress Control

Combat Operational Stress Continuum for Marines

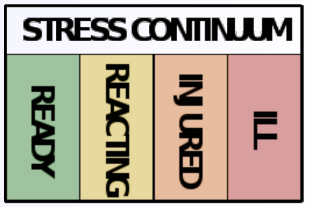


READY	REACTING	INJURED	ILL
• Good to go • Well trained • Prepared • Fit and tough • Cohesive units, ready families	• Distress or impairment • Mild, transient • Anxious or irritable • Behavior change	• More severe or persistent distress or impairment • Leaves lasting evidence (personality change)	• Stress injuries that don't heal without intervention • Diagnosable • PTSD • Depression • Anxiety • Addictive Disorder

READY TO FIGHT — HEALTHY AT HOME

Combat Operational Stress Control

Warrior Under Stress



Are there signs of *DISTRESS* or *LOSS OF FUNCTION*?

NO → **Green Zone (Ready):**
- Good to Go. Continue to monitor for signs of distress or loss of function in the future if concerned

YES

Distress or Loss of Function:
- Difficulty relaxing and sleeping
- Loss of interest in social or recreational activities
- Unusual and excessive fear, worry, or anger
- Recurrent nightmares or troubling memories
- Hyperactive startle responses to noises

Is the distress or loss of function *SEVERE*?

NO → **Yellow Zone (Reacting):**
- Ensure adequate sleep and rest
- Manage home-front stressors
- Discussions in small units
- Refer to chaplain or

YES

***SEVERE* Distress or Loss of Function:**
- Difficulty performing normal duties
- Inability to fall asleep or stay asleep
- Any change from normal personality
- Withdrawal from social or recreational activities
- Uncharacteristic outbursts of rage or panic
- Nightmares or memories that increase heart rate
- Inability to control emotions
- Serious suicidal or homicidal thoughts
- Loss of usual concern for moral values

Has the distress or loss of function *PERSISTED*?

NO → **Orange Zone (Injured):**
- Keep safe and calm
- Rest & recuperation 24-72 hrs.
- Refer to medical or chaplain
- Mentor back to full duty and function

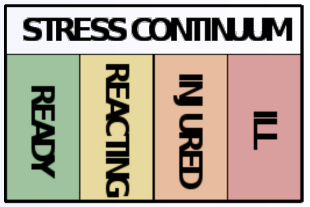
YES

***PERSISTENT* Distress or Loss of Function:**
- Stress problems that last for more than several weeks post-deployment
- Stress problems that don't get better over time
- Stress problems that get worse

→ **Red Zone (Ill):**
- Refer to medical
- Ensure treatment compliance
- Mentor back to duty if possible
- Reintegrate with unit

Combat Operational Stress Decision Flowchart

Post-Deployment Self-Assessment

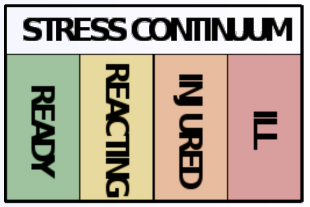


1. Relationships
2. Work function
3. Public behavior
4. Substance use and abuse
5. Money and finances
6. Physical and mental health
7. Life roles
8. Spirituality

READY TO FIGHT HEALTHY AT HOME
Combat Operational Stress Control

1. Relationships

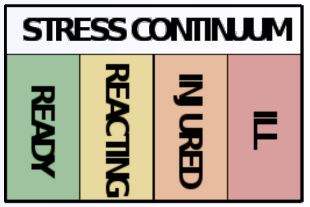
Spouse, significant other, family, friends



Okay	Needs Work	Needs Help

1. Relationships

Spouse, significant other, family, friends

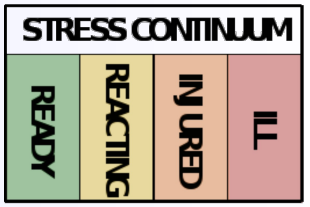


Okay	Needs Work	Needs Help
❑ Good communication ❑ Feeling close ❑ Looking forward to seeing each other ❑ Cooperating well ❑ Good sex ❑ Good conversation ❑ Affection ❑ Openness	❑ Trouble communicating ❑ Occasional fights and disagreements ❑ Uncomfortable being together ❑ Somewhat uncooperative ❑ Difficult or rare sex ❑ Complaints from partner ❑ Ambivalence ❑ Guardedness	❑ Poor communication ❑ Frequent fighting ❑ Dreading contact ❑ Emotional coldness ❑ No sex ❑ Criticism ❑ Contempt ❑ Defensiveness

READY TO FIGHT HEALTHY AT HOME
Combat Operational Stress Control

2. Work Function

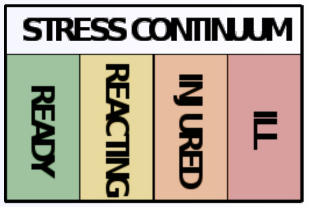
Shop, supervisors, goals, promotion, rewards



Okay	Needs Work	Needs Help

2. Work Function

Shop, supervisors, goals, promotion, rewards

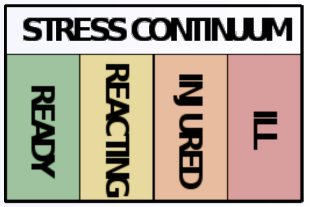


Okay	Needs Work	Needs Help
❑ Achieving ❑ Feeling like a team ❑ Mentoring subordinates ❑ Career goals progressing ❑ Job satisfaction ❑ Enjoying going to work ❑ Respected by subordinates	❑ Cutting corners ❑ Needing a lot of supervision ❑ Animosity toward peers or leaders ❑ Being apathetic or unmotivated ❑ Unrewarding ❑ Stagnating ❑ Indifferent	❑ Not doing the job ❑ Defying authority ❑ Being a tyrant to subordinates ❑ Don't care about job ❑ Totally dissatisfied with job ❑ Don't want to go to work ❑ Feel abandoned

READY TO FIGHT HEALTHY AT HOME
Combat Operational Stress Control

3. Public Behavior

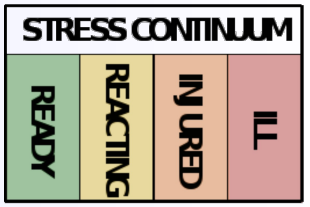
Driving, waiting, dealing with public, patience



Okay	Needs Work	Needs Help

3. Public Behavior

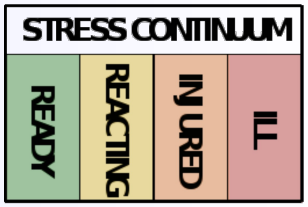
Driving, waiting, dealing with public, patience



Okay	Needs Work	Needs Help
❑ Comfortable in public ❑ Appropriate in public ❑ Good and careful driver ❑ Patient in frustrating situations ❑ Calm, even with rude people ❑ Friendly ❑ No police involvement	❑ Avoiding going out in public ❑ Suspicious of strangers ❑ Driving too fast ❑ Getting frustrated easily ❑ Impatient with people ❑ Occasionally angry or irritable ❑ Been stopped or approached by police	❑ Paranoid in public ❑ Picking fights ❑ Road-rage driver ❑ Easily angered in many situations ❑ Often rude with people ❑ Anger outbursts occur for little reason ❑ Been arrested by police

4. Substance Use/Abuse

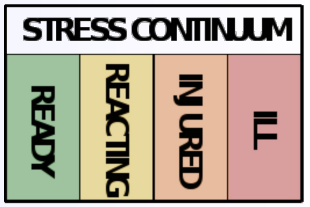
Tobacco, alcohol, drugs, sugars, fats



Okay	Needs Work	Needs Help

4. Substance Use/Abuse

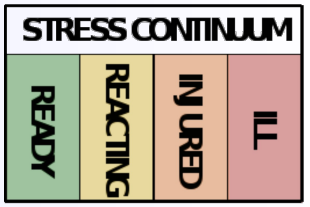
Tobacco, alcohol, drugs, sugars, fats



Okay	Needs Work	Needs Help
❑ Good control over intake of alcohol ❑ Not tempted to use drugs ❑ Not smoking chewing more ❑ Nobody who knows you thinks you are abusing ❑ Good control over sugar and fat intake	❑ Get drunk when didn't intend to ❑ Been in the company of those using drugs ❑ Smoking or chewing more ❑ People have expressed some concern ❑ Occasionally over-indulge in sugar or greasy food	❑ Frequent drinking to intoxication ❑ Using illegal drugs ❑ Need to smoke or chew all through the day ❑ Angry when others complain about drinking ❑ Totally binge eat

5. Money and Finances

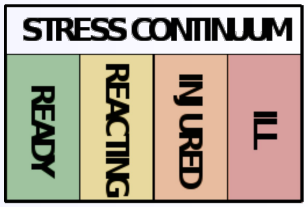
Budget, purchases, credit, bills, savings



Okay	Needs Work	Needs Help

5. Money and Finances

Budget, purchases, credit, bills, savings

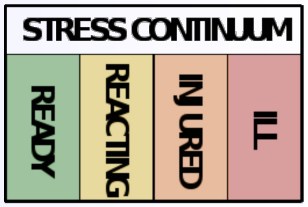


Okay	Needs Work	Needs Help
❑ Saving money ❑ Bills paid up to date ❑ Keeping to budget ❑ Debt under control ❑ Working a financial plan ❑ Spending in sync with spouse ❑ Finances doing fine	❑ Minimal savings ❑ Bills past due ❑ Financial worries ❑ Uncomfortable debt ❑ Vague financial plan ❑ Conflict with spouse over spending ❑ Monthly concern over finances	❑ No savings ❑ Collection notices ❑ Major financial stress ❑ Large debt load ❑ Creditors contacting command ❑ Total disagreement over spending ❑ Financial trouble

READY TO FIGHT HEALTHY AT HOME
Combat Operational Stress Control

6. Physical/ Mental Health

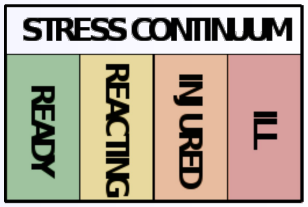
Fitness, wellness, self-esteem, control



Okay	Needs Work	Needs Help

6. Physical/ Mental Health

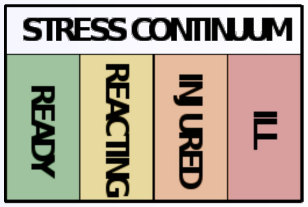
Fitness, wellness, self-esteem, control



Okay	Needs Work	Needs Help
❑ Sleeping well	❑ Trouble getting to sleep	❑ Can't sleep enough
❑ No bad nightmares	❑ Keep waking up	❑ Repeated disturbing thoughts
❑ Working out regularly	❑ Work out infrequently	❑ Totally out of shape
❑ Good nutrition	❑ Sometimes eat too much or too little	❑ Very bad eating habits
❑ Good energy level	❑ Loss of interest in life	❑ Feel lethargic alot
❑ Good emotional control	❑ Feeling anxious or worried	❑ Rage outbursts
❑ Able to enjoy life	❑ Feeling irritable	❑ Depressed mood
❑ Not troubled by memories	❑ Painful memories	❑ Keep blaming self
❑ Feeling good about self	❑ Feeling guilty	❑ Thoughts of

7. Roles in Life

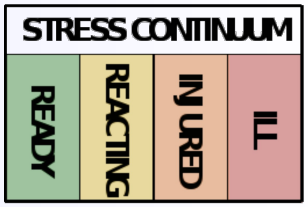
Leader, coach, parishioner, citizen, provider



Okay	Needs Work	Needs Help

7. Roles in Life

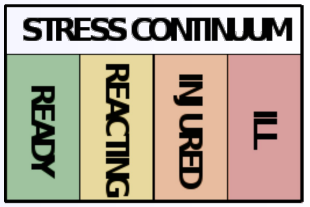
Leader, coach, parishioner, citizen, provider



Okay	Needs Work	Needs Help
❑ Comfortable in roles ❑ Meeting your own expectations in roles ❑ Able to balance competing demands ❑ Fulfilled ❑ Energized	❑ Some strain in roles ❑ Not meeting own expectations in roles ❑ Not able to fit the pieces together ❑ Out of balance ❑ Drained	❑ Pulled apart ❑ Too many demands ❑ Tension between roles ❑ Serious conflict with others over roles ❑ Exhausted

8. Spirituality

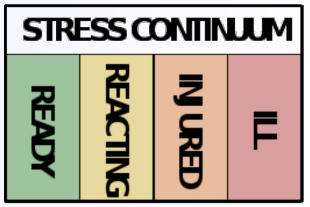
Creativity, order, connection



Okay	Needs Work	Needs Help

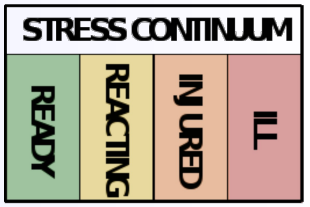
8. Spirituality

Creativity, order, connection



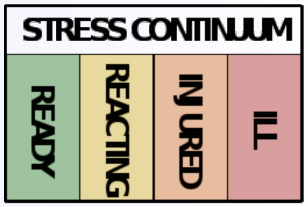
Okay	Needs Work	Needs Help
❑ Enjoy worship ❑ Happy with fellowship ❑ Happy with spiritual expression ❑ Able to give and receive love ❑ Appreciating beauty ❑ Comfortable with your place in world ❑ Connected, peaceful	❑ Less tolerant of different beliefs ❑ Feeling distant from God; want to get closer ❑ Neutral on spiritual expression ❑ Feeling distant from others ❑ Not seeing much beauty in life ❑ Not sure where you fit in ❑ Something's missing	❑ No reverence for anything outside self ❑ Alone and wandering aimlessly ❑ Spiritually empty ❑ Don't care about others ❑ Nothing seems important ❑ Feel out of touch ❑ Loss of purpose

Self-Assessment Summary



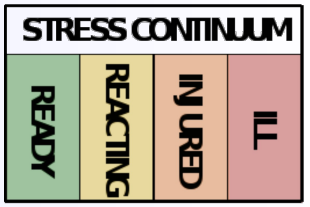
	Okay	Needs Work	Needs Help
Relationships	Open Communication	Tension	Coldness or Fighting
Work function	Effective	Indifferent	Hostile environment
Public behavior	Patient, calm	Aggressive, irritable	Risky, hostile
Substance abuse	Not an issue	Could be an issue	Is an issue
Money and finances	Under control	Financial worries	Financial trouble
Physical and mental health	Healthy and fit	Indifferent	Disturbing thoughts, feelings
Roles in life	Balanced, comfortable	Out of balance	Pulled apart
Spirituality	Connected, peaceful	Something's missing	Empty, loss of purpose

Relationships: Resources and Tools



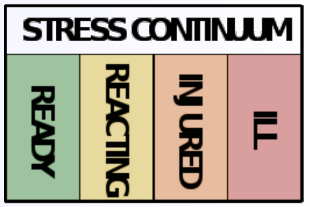
- Marriage Enrichment Retreats
  - CREDO
  - Marriage Encounter
  - Personal Growth Retreats
- Relationship Seminars
- Time Away Together
- Date Nights
- Family Trips
- Marriage Counseling
  - Marine and Family Services
  - Military One Source

Work Function: Resources and Tools



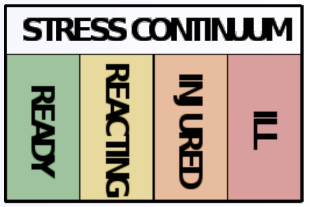
- NCO, SNCO, OIC (chain of command)
- Career Retention Specialist
- Leadership training
- Training or self-improvement courses
- Stress management seminar
- Anger management seminar
- 1stSgt or SgtMaj
- Request Mast

Public Behavior: Resources and Tools



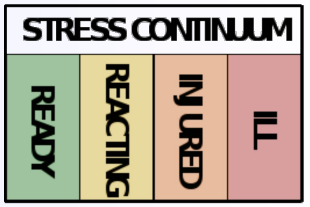
- Anger Management
- Motorcycle or driver improvement course
- Sports or clubs or hobbies
- Volunteer work – get involved
- Personal Counseling
  - Marine and Family Services
  - Military One Source

Substance Use and Abuse: Resources and Tools



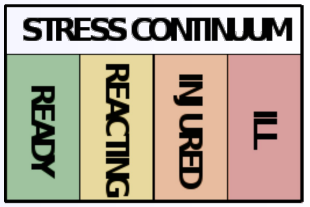
- Get honest with yourself
  - Ask others how they perceive your drinking
  - Trial of sobriety
- Consider that the substances you are using may harm you or your career
- Substance Abuse Control Officer may recommend treatment
  - Substance Abuse Rehabilitation Program
  - AA
  - Al Anon to help family members adjust
- Sexual Assault Prevention and Response (SAPR)

Money and Finances: Resources and Tools



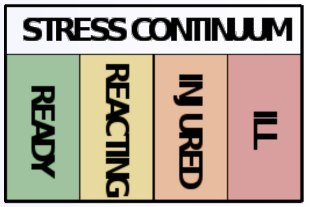
- Budget counseling
  - Navy/Marine Corps Relief Society
  - Credit Unions
- Financial Management seminar
  - Marine and Family Services
  - Unit Financial Management Counselor
- Disciplined savings – even small
  - First for emergency fund, then savings
- Career and financial planning for future goals
  - Certified financial planners
- Couples Communication seminar

Physical/Mental Health: Resources and Tools



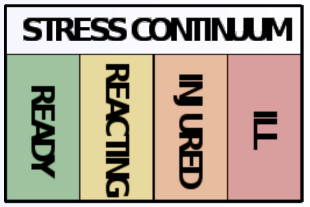
- Physical Fitness to Maintain Stress Resilience
- Get a physical check-up
- Proper nutrition
- Improve sleep schedule
- Breathing to Focus and Calm
- Prayer or Meditation for Spiritual Resilience
- Journaling or expressive writing to clear your head
- Personal Growth Retreat – CREDO
- Chaplains
- Mental health professionals
  - OSCAR
  - Deployment Health Clinic
  - Medical Treatment Facility

Roles in Life: Resources and Tools



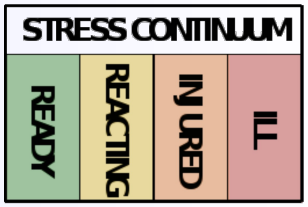
- Don’t miss out on what you enjoy
- Re-evaluate your priorities
  - Try something different
  - Get out of a rut (comfort zone)
- Go with your strengths or growing edges
- Learn new skills
  - Take a parenting course or seminar
  - Take a college course
- Use Military OneSource:
  - Information on anything and everything
  - www.militaryonesource.com
- Visit a Marine and Family Services counselor

Spirituality: Resources and Tools



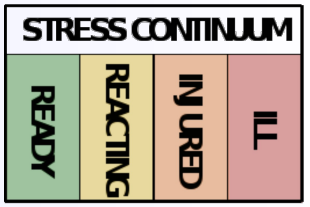
- Look for a church or fellowship that fits you
- Read your sacred texts
- Pray, meditate
- Get involved in caring for others
- Find a spiritual director, talk to a chaplain
- Go on a spiritual retreat
- Get involved in music, arts
- Go camping

Where To Get Help



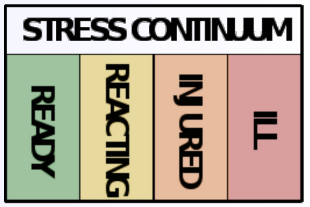
- **Corpsmen**
- **Chaplains**
- **Unit medical** (BAS, RAS, GAS, etc.)
- **Operational Stress Control and Readiness (OSCAR) mental health team, if your unit has one**
- **Medical Treatment Facilities (Hospitals and Clinics)**
- **MLG Surgical Company**
- **Marine and Family Services Counselors**
- **Military OneSource** (www.militaryonesource.com)
- **Vet Centers** (www.va.gov/rcs)
- **Marine Leaders Guide** (www.usmc-mccs.org/leadersguide)
- **HQMC COSC** (www.manpower.usmc.mil/cosc)

Going to the Chaplain



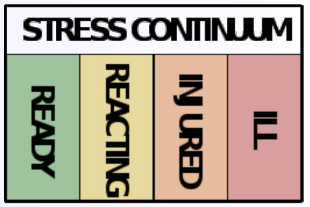
- Chaplains afford total confidentiality with counselees
- Chaplains are not in your chain of command
- Chaplains are not doctors or mental health professionals, but do have training in recognition of stress symptoms and will make a referral to appropriate sources
- Chaplains offer spiritual guidance to all, not just those of their own faith group or denomination
- Chaplains make referrals

Going to the BAS



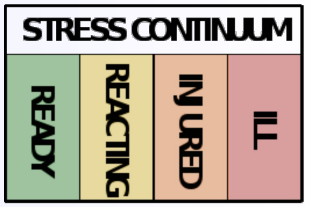
- The “doc” will ask questions focusing on your symptoms
- The professionals at the BAS will offer support and education in order to ensure that you are good to go
- The medical officer will also determine the degree of your stress injury, and may refer you to a chaplain or mental health professional

Going to a Mental Health Professional (Wizard)



- Mental health sessions are confidential
- Most stress injuries addressed in 6 meetings or less
- No limited duty unless unable to perform duties
- Medication is optional – usually short-term
- Many providers **deployed** to combat zones and understand your experience
- Ask **questions** about your mental health care and treatment options
- Ask for a **second opinion** if needed

Going to a Mental Health Professional (Wizard)



(Or, what to expect at a mental health appointment)

- 1st Meeting: The Evaluation
  - Session begins by filling out paper questionnaires
  - Next, the mental health professional will ask several questions in an interview format to determine the severity of any combat stress injuries as well as any other issues

- 2nd Meeting: Treatment Options
  - Treatment options include: one-to-one counseling, a support group with other Marines who can identify with stress, medication for different symptoms, or even hi-tech use of computers for bio-feedback and stress reduction

Questions?

www.manpower.usmc.mil/cosc